

Wellness Within Weekend

Yoga Therapy and Nutritional Healing

Fri 9th-Sun 11th October 2015



Treat yourself to:

- ❖ Gentle and simple yoga practices and relaxation, perfect for those who need help with medical conditions.
- ❖ Finding out more about how the food we eat can help to heal us. Plus, the Naturopathic approach to using techniques to support a healing diet.
- ❖ Beautiful, relaxing surroundings, set in 70 acres of countryside views and walks, lovely swimming pool and lounges to rest, read or chat.
- ❖ Award-winning restaurant serving you delicious, nutritious meals and snacks.



At Horsley Park Hotel
East Horsley
Surrey
KT24 6DU

*Easy access off Junction 10 M25 and
mainline from London Waterloo*

Read an independent review by
The Queen of Retreats [here](#).

Surre  Yoga Clinic

Rest, relax, and rejuvenate!

This weekend costs £348 and includes

- **3 days/2 nights luxury hotel accommodation** (single use of rooms), Friday dinner, Saturday breakfast, lunch and dinner and Sunday breakfast and lunch. Unlimited teas and coffees, fruit and snacks. Unlimited use of leisure facilities.

Plus join as many as you want (all optional):

- **1 x personal yoga therapy session** – an individual/paired session of yoga therapy.
- **1 x personal mini case history consultation** to identify positive changes to your diet to prevent or reverse medical conditions.
- **4 x group classes of yoga and relaxation**
- **2 x group sessions on nutritional healing with practical food ideas** and therapies. Tasting is involved!
- **Wellness Kit and Personalised programme to take home.** This includes recommended practices with full yoga instructions, a planner to organise your wellbeing plan, MP3s relaxation and breathing techniques. A Wellness Kit includes starter samples of everything you need to get started



Louise Davies has worked with a wide range of conditions and illnesses including people who have asthma, heart conditions, chronic fatigue, scoliosis, fibromyalgia, chronic obstructive pulmonary disease, underactive thyroid, high blood pressure, stress, diabetes, IBS, weight and eating disorders, fertility issues, osteo- and rheumatoid arthritis, menopause, back pain, knee, neck and shoulder injuries. A qualified yoga teacher with additional training as a yoga therapist and a member of the International Association of Yoga Therapists.



Naturopathic Nutritionalist NHF AdvDIP **Lesley Woods** is a qualified Naturopathic Nutritionalist who has worked with food for 40 years. She has experience of working with many of the conditions mentioned above by Louise as well as MS, overactive thyroid and Crohn's disease. She follows the naturopathic, whole body approach of cleansing, detoxing and then nourishing the body. Lesley is also an experienced raw food chef.

Contact: Lesley Woods

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Surre  Yoga Clinic



www.facebook.com/SurreYogaClinic

OR

www.surreyyogaclinic.co.uk

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Booking forms and info

www.surreyyogaclinic.co.uk